



Packing List

We have provided for you suggestions for packing for your trip for any country that you visit with Children's HopeChest. Below, you'll see additional items for your specific country that you will be visiting. Before packing, it is wise to check with your airline regarding number of bags allowed and restrictions.

- Passport
- 2 photo copies of your passport kept in a separate location
- Children's HopeChest Travelers Insurance Card (given to your trip leader)
- CHC luggage tags
- Travelers First Aid Kit (Team Leader)
- Bible
- Money Belt
- Prescription Medicine (pack in carry-on)
- Any over the counter meds. This could include pain relievers, anti-diarrheal meds, motion sickness medication, sleeping pills for jet lag, cold medicine, tums or pepto, Anti-biotic ointment, calamine lotion, cortisone cream, multi-vitamins.
- Insect Repellent
- Sunscreen
- Anti-bacterial Hand Gel or disinfectant wipes.
- Comfortable walking shoes
- Any converters for your electronics. Note: High voltage items have and will blow circuits. Please keep this in mind.
- Snacks (*If you bring food from home, please eat it privately and not in front of any children or our ministry contacts.*) Bottled water will be provided for you.
- Flash light for the often-occurring power outages.
- Work Gloves for any work projects
- Travel size toilet paper for those times where you might be without ☺
- Flip flops or shower shoes

- Alarm Clock
- Clothing/toiletries: Please see below for country specific rules and what is appropriate. Some additional details about dress will be covered in the Travel Tips for the country you will be visiting. In general, we want to be culturally sensitive and respectful.
- Expensive jewelry or other valuable items are not recommended to prevent theft
- We suggest packing a couple days of clothing and toiletries in your carry-on in case luggage is lost or delayed. Also, pack your prescription medication in your carry-on.
- Cash and any credit cards. Different countries do accept most major credit cards. Bring cash for the smaller markets. In some countries you can get cash out of an ATM, but still better to have cash on hand, in the event the ATM's don't work correctly. Notify your bank/credit card company ahead of time of your international trip.

Country specific packing guidelines

Ethiopia

- Anti-malaria medicine. Many of our CarePoints and Orphanage that we work with are inside of a malaria zone. Please talk to your doctor for any specific questions you have about malaria medicine.
- **A crisp U.S. \$50 Bill (2007 or newer) for your VISA upon entry into Ethiopia at the airport.**
- Yellow Fever Vaccine Card. (Not required, but recommended. If traveling to Ethiopia from other countries that have Yellow Fever, Ethiopia wants to make sure you are not entering Ethiopia with Yellow Fever Exposure)
- Towel and washcloth. (Some places we stay may provide these. Others may not.)
- Women: The general rule for skirts is that they should reach the top of your knees.
- Jeans and capris are acceptable, as are sleeveless tops. But please do not wear spaghetti strap tank tops.
- In dressing for church, a nice long skirt and top is fine.

Guatemala

- Modest tops. No spaghetti straps or tight clingy blouses.
- Sweatshirt, fleece, or jacket for cool nights. Dress in layers.
- Pants/jeans and modest shorts.
- Skirts/Dresses should be at or below the knee.

- Church attire (slacks, collared shirt, dress, etc.)
- Umbrella or rain jacket (rainy season is from May to October).
- Towel and washcloth if your guest house does not provide this.
- If visiting Operation Rescue School, please do not wear a skirt.
- Mosquito Repellent
- Guatemala uses 110 volt, 60 cycle electricity, same as the US. Plugs are typically the 2 pronged flat type, so US travelers will not typically need a converter or adaptor. Outlets rarely have 3 holes so if your device has a third prong, bring an adaptor.

India

- Men: Pants only, unless sight seeing. Light cargo/linen/khaki pants are suggested with nice t-shirts or button-down short sleeved shirts. You may want to bring light sweats for activities/sports with children.
- Women: Please no sleeveless or low cut tops. Light pants or long skirts. (To calves or ankles.)
- Mosquito Repellent will be provided when you arrive. (Need to fight Indian mosquitoes with Indian repellent ☺) You may choose to bring a small can just in case...use High DEET 30% or higher)
- Bring all personal items, as the apartments you could be staying in are not equipped as hotels.
- Our hosts in country can provide *some* electrical converters for your items.

Russia

- Your passport will have your Russian Visa in it.
- Jeans are acceptable, but please do not bring jeans with holes in them.
- Ladies: Please bring a long skirt or dress for a special night out or for an Orthodox Church service. Please also remember to bring a head covering for going into Orthodox Churches.

Swaziland/South Africa

- For men: Nice pants, a collared shirt and nice shoes when the team will be going to church.
- For women: A skirt or dress that goes to mid-calf at least and a top that has sleeves, and a nice pair of shoes for church. While visiting the CarePoint, you'll need to wear these long skirts and

shirts, but you don't have to wear nice shoes. Women in this culture wear skirts and must follow suit as part of their culture.

- No sleeveless shirts.
- Outside of the CarePoint and church, women can wear pants.
- Work clothes...Outfits you can get dirty in. Guys can wear shorts and women can wear capri pants while doing work projects.
- Sandals are ok.

Uganda

- **Yellow Fever Vaccination Card is required for Entry into Uganda if traveling from a country with risk of Yellow Fever- this does not include the U.S.**
- **Anti-malaria medicine. Many of our Care Points and Orphanage that we work with are inside of a malaria zone. Please talk to your doctor for any specific questions you have about malaria medicine.**
- **A crisp U.S. \$100 Bill (2007 or newer) for your VISA upon entry into Uganda at the airport.**
- Please keep in mind that in Uganda, our field staff and CarePoint staff have a very strict dress code. The perception of CHC within the communities we work, and among the various committee's and clans is extremely important. Therefore we ask you to remember that you are also representing Children's HopeChest while doing home visits and at the CarePoints so keep these dress codes in mind. It is also important to note that our staff, culturally, will not feel comfortable discussing any dress code related "offenses" with teams while on the ground, but will bring it to the attention of our head office. When in question, error on the side of caution.
- For women:
 - Church – A skirt or dress that reaches at least to mid-calf, a top that has sleeves, and a nice pair of shoes.
 - CarePoint and Home Visit – A top that has sleeves. Modest tank tops (at least 3 inches on the arm straps) are ok, but please use discretion. No racer-back tank tops and no visible bra straps. Additionally, they should not be loose fitting or show any cleavage. No spaghetti strap maxi dresses or tank tops are allowed unless a sleeved shirt is underneath. Skirts or dresses that reach at least to mid-calf. No leggings (unless covered by a dress that reaches to mid-calf), jeggings, or shorts. Sandals are ok.
 - Safari – A top with sleeves or a modest tank top (same regulations as above). Loose fitting capris or jeans. Sandals are ok.
 - Our staff specifically ask that no pants that are "form fitting" or "skin-tight" be worn by women. This includes "skinny jeans", leggings, yoga pants and the like.

- For men:
 - Church – Nice pants, a collared shirt, and nice shoes.
 - CarePoint, Home Visits, and Safari – T-shirts, collared shirts, shorts, slacks, and jeans are all acceptable. Sandals are ok.